

Short Intervals

Warmup:

5 min easy spinning

5x(30 sec Standing @ 65 rpm, 30 sec easy @ 90 rpm)

Mainset:

:05 hard / :10 easy

:10 hard / :15 easy

:15 hard / :30 easy

:20 hard / :40 easy

:25 hard / :50 easy

:30 hard / :60 easy

:25 hard / :50 easy

:20 hard / :40 easy

:15 hard / :30 easy

:10 hard / :20 easy

:05 hard / :10 easy

Do 3 rounds of intervals with 4 min rest after each round. Your cadence for the hard efforts should be 90 - 110 and your cadence for the easy between 80- 90rpm

Follow with 4 min recovery in the following format:

1 min up Hill (stand, low rpms)

1 min down hill (High rpms)

1 min Isolated Leg Drills (30 sec Right, and 30 sec left leg)

1 min both legs

Cooldown

5 min easy spin

5 min spindown starting from 100, 90, 80, 70, 60rpm